



The City of Natchitoches has launched a “Get Fit Natchitoches” campaign designed to create more opportunities for local residents to lead healthy, active lifestyles. The program is funded through The Rapides Foundation’s Diet and Physical Activity Initiative and will feature a variety of fun, educational, and interactive activities in locations across town now through October of this year.

Activity Schedule

May	June	July
<p>Karate Movement Every Saturday in May @ 7:30 am Downtown Riverbank</p> <p>Lunch Lecture Series Fitness 101 by Dr. Tiina Garrison May 5 from 12:00 – 1:00 pm Natchitoches Arts Center, 2nd St.</p> <p>5K Run/Walk for the Dogs May 15 @ Downtown Riverbank Starts with One-Mile Fun Run @ 8:00 am</p> <p>“Walking Yourself Thin” May 17 – August 18 Mondays, Wednesdays, Fridays @ 6:30 am Trinity Baptist Church, 527 Howard St.</p> <p>Family Walking Program May 20 – August 19 Thursdays from 5:00 – 6:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Healthy Cooking Support Group May 20 – August 19 Thursdays from 6:00 – 7:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Community Lunch Break Walking Program May 11 – June 29, Downtown Riverbank Tuesdays & Thursdays, 12:00 – 12:45 pm</p> <p>Parks & Recreation Activities (318-357-3891) Free Play Basketball Pickle Ball – Mondays and Thursdays Boys & Girls Club Summer Camp - Sign-Up May 5</p>	<p>Summer Boot Camp June 1 – July 1 Tuesdays and Thursdays, 7:00–7:45 am; Saturdays, 7:30–8:15 am Downtown Riverbank</p> <p>Lunch Lecture Series Injury Prevention 101 by Dr. Lori Wheat June 16 from 12:00 – 1:00 pm Natchitoches Arts Center, 2nd St.</p> <p>“Walking Yourself Thin” May 17 – August 18 Mondays, Wednesdays, Fridays @ 6:30 am Trinity Baptist Church, 527 Howard St.</p> <p>Family Walking Program May 20 – August 19 Thursdays from 5:00 – 6:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Healthy Cooking Support Group May 20 – August 19 Thursdays from 6:00 – 7:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Community Lunch Break Walking Program May 11 – June 29 Tuesdays and Thursdays from 12:00 – 12:45 pm; Downtown Riverbank</p> <p>Parks & Recreation Activities (318-357-3891) Free Play Basketball – Check weekly schedule at MLK Pickle Ball – Mondays and Thursdays Hershey Track and Field Swimming Lessons @ City Pool</p>	<p>Lunch Lecture Series Nutrition 101 July 7 from 12:00 – 1:00 pm Natchitoches Arts Center, 2nd St.</p> <p>“Walking Yourself Thin” May 17 – August 6 Mondays, Wednesdays, Fridays @ 6:30 am Trinity Baptist Church, 527 Howard St.</p> <p>Family Walking Program May 20 – August 19 Thursdays from 5:00 – 6:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Healthy Cooking Support Group May 20 – August 19 Thursdays from 6:00 – 7:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Parks & Recreation Activities (318-357-3891) Free Play Basketball – Check weekly schedule at MLK Pickle Ball – Mondays and Thursdays Swimming Lessons @ City Pool</p>

August	September	
<p>Lunch Lecture Series Run/Walk 101 by Sarah Prud'homme August 4 from 12:00 – 1:00 pm Natchitoches Arts Center, 2nd St.</p> <p>Family Walking Program May 20 – August 19 Thursdays from 5:00 – 6:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Healthy Cooking Support Group May 20 – August 19 Thursdays from 6:00 – 7:00 pm Trinity Baptist Church, 527 Howard St.</p> <p>Parks & Recreation Activities (318-357-3891) Free Play Basketball – Check weekly schedule at MLK Pickle Ball – Mondays and Thursdays Swimming Lessons @ City Pool Soccer Registration Youth Flag Football registration</p>	<p>Lunch Lecture Series Breast Health Awareness by Gina Hubachek September 1 from 12:00 – 1:00 pm Natchitoches Arts Center, 2nd St.</p> <p>Turnoff Week September 19-25 Celebrate Turnoff Week by turning off your computers, TVs, and video games and being active outdoors. Get Fit Natchitoches will be hosting a variety of free, community events during this week. Check www.natchitoches411.com for event specific information.</p> <p>Parks & Recreation Activities (318-357-3891) Free Play Basketball – Check weekly schedule at MLK Pickle Ball – Mondays and Thursdays Youth flag football Adult flag football registration</p>	

A complete calendar of Get Fit Natchitoches events is available at www.natchitoches411.com.

For more information, contact getfitnatchitoches@gmail.com or 318.352.7987.

Get Fit Natchitoches Program Descriptions

*****All programs are free and open to the public unless otherwise noted.*****

Karate Movement

May 1, 8, 15, 22 & 29; 7:30 – 8:15 am on Downtown Riverbank

Derived from the fundamental aspects of Taekwondo (Korean Karate), Karate Movement is a martial art based workout that anyone can do regardless of size, fitness level, gender, or age. The forty-five minute programs will be led by 1st Degree Black Belt Miss La Shea Charleville and combine stretching, moderate-cardio activities, and katas (martial art forms) for a simple, yet effective workout. Participants will also learn how to use these martial art techniques for self-defense.

“Walking Yourself Thin”

May 17 – August 18; Mondays, Wednesdays, and Fridays from 6:30 – 7:30 am at Trinity Baptist Church (527 Howard Street)

The three-month, free “Walk Yourself Thin” program sponsored by the Natchitoches Run/Walk Club is designed to jump start the weight loss efforts of participants through incorporation of regular walking sessions and callisthenic exercises into their daily routines. The program will also feature nutritional education and support with an emphasis on cooking healthy and keeping a food and exercise journal. The group structure will provide participants with the support and motivation they need to make a healthy lifestyle change.

Community Lunch Break Walking Program

May 18 – June 29; Tuesdays and Thursdays from 12:00 – 12:45 pm starting at the Downtown Riverbank

The Lunch Break Walking Program will provide community members with an opportunity to add a mid-day walk to their daily routines. The group support structure and central location in the downtown area makes this program a convenient and fun way to be active. The sessions will be led by “Get Fit Natchitoches” staff and start and end at the downtown riverbank next to the stage. Round up friends, family, and co-workers and join in on a stroll around beautiful downtown Natchitoches.

Family Walking Program

May 20 – August 19; Thursdays from 5:00 – 6:00 pm @ Trinity Baptist Church (527 Howard Street)

The Family Walking Program sponsored by Trinity Baptist Church will provide an opportunity for local families to enjoy the benefits of exercise while spending quality time together. Routes will take participants through the beautiful communities surrounding Trinity Baptist Church and accommodate individuals at every level of fitness.

Healthy Cooking Support Group

May 20 – August 19; Thursdays from 6:00 – 7:00 pm @ Trinity Baptist Church (527 Howard Street)

The healthy cooking support group will provide a forum for community members to share healthy cooking tips and recipes with one another. Each week a new recipe will be featured with dishes prepared in the Church kitchen for all to sample.

Summer Boot Camp

June 1 – July 1; Tuesdays & Thursdays at 7:00 am and Saturdays at 7:30 am on the Downtown Riverbank

Led by certified fitness instructor Jessica Salter- Shirley, this dynamic, high-energy boot camp will provide a full-body workout and be held on the Cane River Riverbank in conjunction with the Green Market. Participants will engage in a variety of aerobic and anaerobic exercises such as squats, lunges, stair running, push-ups, and sit-ups just to name a few. This heart-pumping routine is great for losing weight and building lean muscle mass.